Into Action!

Westside Central Office

October 2015 - Volume 4 - Number 1

What's Happening at the WCO?

This October marks the 3rd Anniversary of our newsletter, *Into Action!* To commemorate this anniversary, we are now including a volume and issue number of the newsletter in the upper right hand corner of the first page.

Four years ago this month, our A.A. Hotline became operational. Since its opening, we have fielded hundreds of calls from members and the general public seeking information on A.A. As mentioned last month, we now have a comprehensive resource book for hotline volunteers. With the availability of this book, now is a great time to volunteer on the hotline. If you are interested in getting involved, visit http://westsidecentraloffice.com/service/a-a-hotline/ to sign up.

At the business meeting held October 5th, Cooperation with the Professional Community (CPC) Committee Chair, Nick F, reported that he and an attorney in the program gave an A.A. presentation to a law office that specializes in DUII cases. The presentation was well received. At the business meeting, Nick played a voice mail from an attorney at the law office thanking Nick for a useful and informative presentation. If you are interested in helping Nick with CPC presentations, drop him an email at cpc@westsidecentraloffice.com.

Mark L, the Chair of the Finance Committee, reported that he will present the proposed budget for 2016 at the November business meeting. The budget will go back to the groups for further discussion. We will then discuss and vote on it in December.

Our Fall 2015 Meeting Schedule will go to the printers this month. We hope to have these meeting schedules available at the November business meeting. Otherwise, they will be available shortly thereafter.

We elected John H to another term as our 12th Step Call Chair. If you are interested in talking to newcomers about A.A. and recovery from alcoholism, then consider joining the 12th Step Call Committee. To learn more and to sign up, visit http://westsidecentraloffice.com/service/twelfth-step-calls/.

We are still seeking office volunteers that are available to serve one Saturday a month at our office. Please see the flyer on the last page of this newsletter for more information.

We would like to thank Randy W, Area 58 Treatment Facilities North Chair, for visiting our October business meeting. Randy presented information on *Bridging the Gap,* including an interesting statistic on retention rates in A.A.

Treatment facility clients have a 75% retention rate to A.A. when they attend an A.A. meeting on the same night that they are discharged. The retention rate drops to 25% if they do not attend a meeting on the same night after their release. Therefore, Bridging the Gap is vital in helping those coming out of treatment to stay sober. More information about Bridging the Gap is available at http://www.aa.org/assets/en_US/p-49_BridgingTheGap.pdf. To get involved with Bridging the Gap, email Randy at ctf-n@aa-oregon.org.

Want this newsletter emailed to you each month? Then subscribe today by sending an email with the subject "subscribe" to news@westsidecentraloffice.com

"A.A." and "Alcoholics Anonymous" are registered trademarks of A.A. World Services, Inc., used by permission.

Making a Seventh Tradition Contribution

Besides contributing time and energy to the Westside Central Office (WCO), A.A. members and groups may also make a financial contribution. The WCO is funded exclusively by the voluntary contributions of A.A. groups and members. No contribution is too small. Please make checks payable to Westside Central Office, P.O. Box 19911, Portland, OR 97280-0911.

Are you looking for a meeting?

Or would you like to read today's *Daily Reflection*, the *Big Book,* or *Twelve Steps and Twelve Traditions* book online? These are just a few of the A.A. resources available on our website. Visit today by pointing your browser to www.westsidecentraloffice.com.

Need A.A. Literature?

The Westside Central Office sells A.A. Conference Approved Literature at cost! Visit www.westsidecentraloffice.com/literature or call 503-684-0415 (extension 2) to order literature.

If you want to drink, that's your business. If you want to stop, that's ours! Call 503-684-0415

This Month in A.A. History

- **October 1943** – A second A.A. Group forms in Canada when alcoholics begin meeting in Windsor, Ontario
- **October 1944** – Reader's Digest publishes an article titled, "Maybe I Can Do It Too" about how A.A. member Edward G got sober. For the next four years, this article would appear in translation in several of the publication's international editions.
- **October 1944** – The Yale School of Alcoholic Studies and the Oregon Alcoholic Education committee hold a meeting at the Portland Masonic Temple. The meeting is well attended, following which, three members of Portland A.A. Group Number 1 decide to start a new group on Portland's eastside.
- **October 11, 1946** – Oregon State Hospital Group (Salem, OR) forms.
- **October 1951** – Lasker Award is given to A.A. by American Public Health Association.
- **October 1954** – The "Alcoholic Foundation" becomes the General Service Board of A.A.
- **October 1956** – The first overseas General Service Board is established in London, England to serve A.A. Groups in Great Britain and Ireland.
- **October 1957** – *Alcoholics Anonymous Comes of Age* is first published.
- **October 1958** – Alcoholics Anonymous is called upon to play an advisory role in the October 1958 TV broadcast of "Days of Wine and Roses". The play, examining the lives of an alcoholic married couple seeking help from A.A., will reach an international audience when produced as a movie in 1962.
- **October 8-11, 1969** – First World Services Meeting is held in New York. Representatives from General Service Offices from around the world hold a meeting to exchange ideas on literature distribution, service structure, publishing, and finance. The countries in attendance were Australia, Belgium, Canada, Colombia, Costa Rica, Finland, France, Germany, Guatemala, Holland, Mexico, New Zealand, Norway, South Africa, United Kingdom, and United States.
- **October 1991** – 800 Native Americans from 100 tribes in U.S. and Canada attend the First Native American A.A. Convention in Las Vegas, NV.
- **October 2011** – The Westside Central Office establishes an A.A. telephone hotline (503-684-0415).
- **October 2012 –** The Westside Central Office begins publishing this newsletter, *Into Action!*

Upcoming Events

October 30, 2015 – A.A. District 31's Annual Halloween Party, 6:30pm-?, First Congregational Church (494 E Main St, Hillsboro, OR 9712). More information is available at http://westsidecentraloffice.com/events/aa-announcements/

October 31, 2015 – A.A. District 37 and 23's Halloween Party, 7:00pm-10:00pm, Meridian United Church of Christ (6750 Boeckman Rd, Wilsonville, OR 97070). More information is available at http://westsidecentraloffice.com/events/aa-announcements/

November 2, 2015 – Westside Central Office Business Meeting, 7:00pm-8:00pm, Westside Central Office (12705 SW Beaverdam RD Suite E, Beaverton, OR 97005).

November 20-22, 2015 – Oregon Area 58 November Quarterly Assembly, Monarch Hotel and Conference Center (12566 SE 93rd AVE, Clackamas, OR). More information is available at http://www.aa-oregon.org/events/oregon-area-58-november-quarterly-assembly/

To list A.A. related announcements in this section, email the announcement to: newsletter@westsidecentraloffice.com

Does your Home Group have a WCO Rep?

A Central Office Rep (CO Rep) serves as the liaison between the A.A. Group and the Westside Central Office (WCO). Co Reps attend the WCO business meeting and vote their group's conscience on Central Office matters. By electing a CO Rep, your group not only helps the Central Office help the alcoholic who still suffers, but your group also creates another service position for a home group member. Our business meeting is held on the first Monday of the month, 7pm-8pm, at the Westside Central Office, 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005. We look forward to seeing your group's Co Rep there!

Is There an Alcoholic Looking for Your Meeting?

Each day, we are contacted by A.A. newcomers and visitors from out-of-town in search of a meeting. You can help us find a meeting for these individuals by listing your home group's meeting(s) in our meeting directory. To list your group, complete the online form at: www.westsidecentraloffice.com/meetings

"Learning daily to spot, admit, and correct [our] flaws is the essence of [Step Ten]."

(Reprinted from Twelve Steps and Twelve Traditions, page 95, with permission of A.A. World Services, Inc.)

Get Involved!

The Westside Central Office has the following 12th Step opportunities:

12th Step Calls – Interested in going on a 12th Step Call? A.A. members are needed for the 12th Step Call Committee. We suggest that volunteers have at least 1 year of sobriety, a sponsor, a home group, and have worked all twelve steps at least once. Visit the 12th Step Call webpage at westsidecentraloffice.com/service/twelfth-step-calls or email the 12th Step Call Committee Chair at 12stepchair@westsidecentraloffice.com for more information.

A.A. Hotline - Do you like talking on the phone and helping people? Volunteers are needed to answer the Westside Central Office phone, day and night. Phone shifts last about 2 hours and calls can be forwarded to any cell phone or landline. To learn how you can help, visit the Hotline webpage at westsidecentraloffice.com/service/a-a-hotline/ or email the A.A. Hotline Chair at hotlinechair@westsidecentraloffice.com.

Public Information – Volunteers are needed to help inform the public on what A.A. is and what A.A. is not. Activities include putting on presentations at area schools, dropping off meeting schedules at hotels/motels, donating Big Books to public libraries, taking out ads with the A.A. hotline phone number in local newspapers, etc. The Public Information committee carries the message to the alcoholic who may not yet know about A.A. Email pi@westsidecentraloffice.com for more information.

Activities – Interested in putting on social or service oriented events? Then join the activities committee. Email activities@westsidecentraloffice.com for more information.

Treatment Facilities – Volunteers are needed to help contact treatment centers and offer assistance in coordinating A.A. meetings and presentations at their facility. The type of organizations this committee works with includes inpatient/outpatient treatment centers; detox centers, hospitals, institutions, nursing homes, etc. Email tf@westsidecentraloffice.com for more information or to get involved with the Treatment Facilities Committee.

Professionals – Volunteers are needed to help carry the A.A. message to professionals, such as health care workers, counselors, law enforcement, etc. who come into contact with active alcoholics. Email cpc@westsidecentraloffice.com for more information or to get involved with the Cooperation with Professionals Committee.

Corrections – Volunteers are needed to help carry the A.A. message to those behind bars. Email corrections@westsidecentraloffice.com for more information or to get .

Become an A.A. Service Office Volunteer!

Westside Central Office is seeking A.A.s to volunteer at our facility one Saturday a month from 12noon to 4pm.

Duties include:

- Opening/Closing the Office
- Selling A.A. Literature
- Answering the Office Telephone
- Provide information on A.A. for anyone who stops by the office

2 or more years of sobriety is suggested.
For more information or to apply, email info@westsidecentraloffice.com or call us at 503-684-0415 (menu option 0).

Into Action! is published monthly by the Westside Central Office. The Westside Central Office is an Intergroup/Central Office serving the A.A. community in the Western Portland Oregon metropolitan area. Our primary purpose is to serve our A.A. groups and members by helping them carry the message to the alcoholic who still suffers. More information is available at www.westsidecentraloffice.com. Direct all correspondence to: email: info@westsidecentraloffce.com phone: 503-684-0415 (extension 0) mail: Westside Central Office, P.O. Box 19911, Portland, OR 97280-0911.